



Holy Family Cathedral Parish

Holy Family Cathedral
Michael's Mount

St. Martin de Porres
Parham

St. Anthony's
Potters

St. Francis of Assisi
Villa

Good Samaritan
Donovans



P.O. Box 16, St. John's Antigua ♦ Email - hfc.antigua@gmail.com ♦ Phone 268 560-2693 ♦ 268 461-1127

"Call, Reluctance, and Repentance"

3RD SUNDAY IN ORDINARY TIME - 21st JANUARY, 2024 - B

THE CATHEDRAL BOOK STORE IS LOCATED IN THE PASTORAL CENTRE.



PASTORAL PROGRAM AT HOLY FAMILY CATHEDRAL PARISH

FEEDING PROGRAM - for the Shut-Ins and the Elderly, is ongoing-

Donations to support these programs are welcome. Please write to the Administrator, Holy Family Cathedral P. O. Box 16 or Michael's Mount, St. John's, Antigua.

LAST WEEK'S COLLECTION 14th January, 2024

	1st	2nd
Cathedral Saturday	\$2,121.42	\$ 710.60
Sunday 7:00 am	\$1,135.30	\$ 250.00
9:00 am	\$2,163.60	\$ 634.13
Potters	\$ 910.00	\$ 196.39
Parham	\$ 643.40	\$ 138.00
Villa	\$ 768.20	\$ 167.00
Donovans	\$ 235.00	\$ 116.65
Diocesan Schools	\$ 222.00	

Thank you for your generosity

COLOURS OF LOVE - will take place on Friday, February 9th 2024. Indies Greens is the place to be. Tickets cost EC **\$150.00** per person. It is All INCLUSIVE - Food, Drinks and Music. Advanced Tickets Only! Tickets can be purchased from any member of the Marriage Ministry Team or at the Pastoral Centre. We thank you for your usual support and patronage!

***** MASS FOR THE SICK AND ELDERLY

Saturday, **February 10, 2024**, will be observed as **"World Day of the Sick"**. It is a day that is specially set aside for invoking special blessings and healing of the sick and elderly through the intercession of Our Lady of Lourdes. On that day you are asked to bring all your sick and elderly, loved ones to Mass at Holy Family Cathedral at 9.00am to experience God's healing power. Let us as a church community support and show our love and care for the sick and elderly. Those in need of transportation for sick relatives, should contact the Pastoral Centre at 560-2693 or 461-1127.

The Lenten Season will soon commence, parishioners are encouraged to prepare themselves for a new Lenten Spiritual experience. There will be a series of Talks, Discussions, Stations of the Cross, and Penitential Service to culminate the season. Please participate.

5 WAYS TO CELEBRATE SUNDAY OF THE WORD OF GOD & BEYOND

1. **Enthroned a Bible in your home.** Give the Word of God a prime place of honor and reverence in your home.
2. **Commit to a Bible study, especially with a group.** (Join the next 4 weeks Lenten Bible Study Session with Fr. Jean Paul in February)
3. **Begin reading the daily Mass readings.** (purchase your copy of your Diocesan Calendar)
4. **Commit to learning *lectio divina*.** *Lectio divina* literally means "divine reading." This can be done in your respective groups or start a group
5. **Commit to a holy hour, at least once each week** (sit quietly in the Blessed Sacrament Chapel in prayer)

If you commit to one or more of these habits, your devotion to the Word of God will certainly grow. This can become weekly or even daily habits. Let's hope that by forming these devotional habits the Word of God "may speed ahead and be honored" (2 Thessalonians in our homes, our communities and our world.

Here are a few more suggestions to celebrate Sunday of the Word of God
Activity 1 - Challenge:



Ooops! Jesus Said What?

In this challenge participants will quote a passage and location from the Bible of something that Jesus said that was shocking! mind boggling! hit where it hurt most!

Activity 2 - Share a photo of your family's Bible Enthronement. Send quotes or photo to communications@diocesesjb.org or WhatsApp 723-5411.



The Prayer of the Synod Adsumus Sancte Spiritus

We stand before You, Holy Spirit, as we gather together in Your name. With You alone to guide us, make Yourself at home in our hearts; Teach us the way we must go and how we are to pursue it. We are weak and sinful; do not let us promote disorder. Do not let ignorance lead us down the wrong path nor partiality influence our actions. Let us find in You our unity so that we may journey together to eternal life and not stray from the way of truth and what is right. All this we ask of You, who are at work in every place and time, in the communion of the Father and the Son, forever and ever. Amen.

PRAYER FOR THE SICK & SHUT-INS :

Dear Jesus, Divine Physician and Healer of the sick, we turn to you in this time of illness. O dearest comforter of the troubled, alleviate our worry and sorrow with your gentle love, and grant us the grace and strength to accept this burden. Dear God, we place our worries in your hands. **We place our sick under your care and humbly ask that you restore your servant to health again.** Amen.

Gillian Howie, Nelister Sebastian, Catherine Durand, Dion Thomas, Georgina-Glave-Toussaint, Catherine DeTouche, Edward Lewis, David Morris, Gweneth Bryan, Shanla Carr, Arnold Gomes, Auchland Jarvis, Jean James, Conrad Looby, Cecelia John, Justin Joseph, Carmen Ambrose, Tyler Lockhart., Joan Underwood, Cosmas Rowe, Andrea Brown, Latoya Edmun-Joseph, Rose Margetson, Niethia Dyier, Patrick Skeritt, Aaron Ryner.

Lectio Divina

READ: Jesus began preaching the Good News. He challenged people to repent and believe in the Gospel. Jesus was walking along the shore Galilee when he saw and called Simon and Andrew who were casting a net into the lake. They abandoned their nets and followed Jesus. Jesus also saw James and John, mending their nets. Jesus called them too. They followed Jesus, leaving everything behind.

REFLECT: Openness to God's grace is openness to the transformative power of God's word. Our life is in itself a grace. It is something that we receive. Unless we see this reality, we will never be open to God's word that has the power to change us. We listen to God's word with open hearts like those of children. In 2019, Pope Francis instituted the Third Sunday of January as the "Sunday of the Word of God." This reminds us to continue our faith journey with the word of God to guide, sustain and transform us into the persons God intends us to be. Jesus calls us to follow him. Like the first disciples called by Jesus, we are called to leave our old selves behind and lead a life of grace. A life changed for the better is a life of grace.

PRAY: Let us pray that we may be more open to listen to God's word that, in turn, we may also lead a life of grace.

ACT: Let us make it a practice reading the Bible regularly.

12 Bible diaries are still available for sale at the Book Store in the Pastoral Centre. The cost is **\$80.00.**

The 4th Antigua Scout Group will host a Pre-Valentines Cake Sale on Sunday 11th February, 2024 immediately after the 7:00 am and 9:00 am Masses. A variety of cakes will be available, carrot, red velvet, cheese cake and lots more . Please support.

ASH WEDNESDAY MASS SCHEDULE

Holy Family Cathedral

6:00 am

7:00 pm

VILLA - 6:00pm

SCHOOLS - 8:00 am

St Joseph's Academy

Christ the King High

St. Johns Catholic Primary

Theme: Call, Reluctance and Repentance - With reference to our call/task in life., we may go through periods of reluctance when we just do not feel up to our previously made commitment. Such reluctances part of human nature. However, our first reaction to do something about it should not be a visit to the lawyer. As mature people we should have an honest discussion, seek counseling and pray to God. The First Reading has been taken from the Book of Jonah. Since this book is so beautiful and consists of only four chapters, you should take time today and read it entirely. It is a didactic story used by the sacred writer to oppose the narrow nationalism of Judaism after the exile in Babylon. Salvation is not just to the Jews, but for all!

This Sunday's Readings
21st January, 2024

First Reading: Jonah 3: 1-5, 10

Responsorial Psalm: Teach me your ways, O Lord.

Second Reading: 1 Corinthians 7: 29-31

Gospel: Mark 1: 14-20

Readings for Monday to Saturday

Monday 22nd 2 Samuel 5: 1-7, 10

Psalm 89: 20-22, 25, 26

Mark 3: 22-30

Day of Prayer for the Legal Protection of Unborn Children

St. Vincent of Saragossa, deacon and martyr

Tuesday 23rd 2 Samuel 6:12-15, 17-19

Psalm 24: 7-10

Mark 3: 31-35

St. Marianne Cope, virgin

Wednesday 24th 2 Samuel 7: 4-17

Psalm 89: 4-5, 27-30

Mark 4: 1-20

St. Francis de Sales, bishop & doctor

Thursday 25th Acts 22: 3-16

Psalm 117: 1-2

Mark 16: 15-18

Feast of the Conversion of St. Paul the Apostle.

Friday 26th 2 Timothy 1: 1-8

Psalm 96: 1-3, 7-8, 10

Mark 4: 26-34

Sts. Timothy & Titus, bishop

Saturday 27th 2 Samuel 12: 1-7, 10-17

Psalm 51: 12-17

Mark 4: 35-41

Blessed Virgin Mary, St. Angelo Merici, virgin,

WHAT THE FIRST READING SAYS TO ME.

The theme of this passage is God's call and our response to be the kind of person the Maker has designed us to be. It is a call to repentance. The response: "They proclaimed a fast and all of them ... put on sackcloth" (Oriental sign of penance). This reading introduces Jesus' call for repentance in today's Gospel: "Repent, and believe in the gospel." It is a constant call to Christians of all times. We may pray: "Your ways, O Lord, make known to me; teach me your paths"

WHAT THE SECOND READING SAYS TO ME

We should first observe that Paul's statement of today is conditioned by his mistaken opinion that the parousia (Second Coming of Christ) would occur during his own lifetime. Does it make sense then to pay attention to this statement, since Paul's expectation was mistaken? Yes, it does, because it is still true that "the world in its present form is passing away." We should heed Paul's timeless advice that all human values, possessions, and even marriage are relative to the ultimate values of the hereafter: "They neither marry nor are given in marriage". Married people are necessarily involved in the cares of this world, but they should be careful not to attach their hearts to it. Their call involves both this life and the hereafter.

WHAT THE GOSPEL SAYS TO ME

Like the author of Jonah Mark also deals with two calls. He first sets forth the call for repentance to all of us: "Repent, and believe in the gospel." Conversion, time and again averting yourself from evil in all its forms and converting yourself in even more perfect love to God, is a lifetime job that requires perseverance! Secondly, Mark relates another call of the disciples. Last week, we referred to "call-vocation," in particular to total dedication to Christ, including one's sexuality, as an ongoing process. The disciples have just spent the day with our Lord. In today's reading, we see a definitive decision. "They ... abandoned their nets [their father] and followed him. The first call to repentance is addressed to all Christians, the second one to those whom God calls to a life of service in the ministerial priesthood and/or religious life. It requires generosity to respond. Pray that it always may be found among God's people!

KNOW YOUR CHURCH

Pope to priests of Rome: We are in a missionary land. Pope Francis meets with over 800 priests of the Diocese of Rome in the Basilica of St. John Lateran, and calls the clergy to bear credible witness to Christ and to keep their homilies brief and direct.

By Vatican News - A "missionary land". This was how Pope Francis described the Diocese of Rome on Saturday morning. He met in the city's Cathedral Basilica of St. John Lateran for his annual encounter with the clergy of Rome. The Pope arrived shortly after 9 AM, and was welcomed by Cardinal Angelo De Donatis, the Diocesan Vicar. To the over 800 priests, diocesans, religious, and permanent deacons serving the Diocese, the Bishop of Rome launched an appeal for the evangelization of the entire ecclesiastical community. The Pope also announced that he will resume visiting the parishes of the diocese, after the pause imposed by the pandemic.

Open, friendly dialogue

The meeting, which lasted about three hours, was reported in a statement from the Diocese of Rome to have taken place "with an open and familiar dialogue in cordial atmosphere." Following Midmorning Prayer, Cardinal De Donatis greeted the Pope, who then opened up the floor for questions. He invited them to ask questions freely and sincerely, fielding about thirty questions. Pope Francis spoke about the necessity of evangelization in a pagan context, emphasizing the importance of bearing credible witness.

Blessing people, not sin

He then responded to questions about blessing homosexual couples, stating that the doctrine on the Sacrament of Marriage between a man and a woman has not changed, saying that people are blessed, not sin.

"Jesus called them and they followed him."





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